

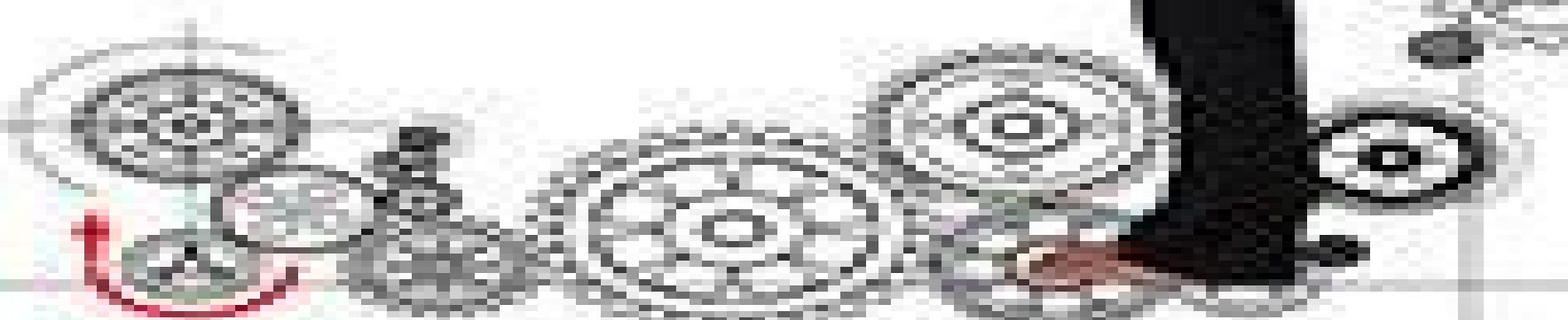
Alignment Matters:

THE FIRST FIVE YEARS OF LIFTING

Katy Bowman, PhD

Author of *Every Body Has Secrets*
New York Times Bestseller

Katy Bowman is a writer and physical therapist who works with people who want to live more healthy, more joyful, more energized, more confident, more resilient, more peaceful, and more successful lives. She is the author of *Every Body Has Secrets*, a New York Times bestseller, and the co-author of *The Connected Body*, a New York Times bestseller.



Alignment Matters The First Five Years Of Katy Says Bowman

Jill Miller



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